

# **Robbins Lane Elementary School**

March 1, 2017

Dear Parents and/or Guardians,

March is National Nutrition month and the Physical Education department would like your son/daughter to actively participate both at home and in school. We are hoping that with your support and encouragement all students will learn more about the benefits of eating healthy and leading an active lifestyle.

The calendar that is attached lists both ideas for healthy snacks as well as activities that you and your child can try at home. If you would like to add, change or even make your own calendar that would be great.

In our attempt to promote National Nutrition month at Robbins Lane we will also be reinforcing healthy eating choice and encouraging an active lifestyle.

Thank you in advance for your support,

Physical Education Department